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## REACH OUT AND TOUCH SOMEONE

*John Cahill*

*Bodyworkers frequently comment on the extra dimension Hemi-Sync® adds by enhancing relaxation and facilitating connection on a subtle level between themselves and the client. John Cahill offers an overview of these benefits in his personal practice.*

I've used Hemi-Sync in my work for about a year now with some interesting successes. The kinds of bodywork I do involve people who are trying to reduce their level of stress, people who are seeking personal transformation, and people who are trying to effect emotional release. To achieve emotional release, a bridge must be created between the physical body and the information stored there. Results vary with each of these groups and different tapes work better with particular applications. Differences in performance seem to depend on how well the text or music matches a specific bodywork application.

The tapes are especially helpful to those receiving deep tissue work in an attempt to get in touch with emotional trauma stored in their bodies, especially if they have had difficulty doing so in the past. Hemi-Sync also supports Swedish massage as a medium to reach a transcendent or altered state to do personal work or just to be more with oneself. The experience seems to become deeper and more rewarding. For stressed-out corporate types (such as the personnel manager of a large company laying off significant numbers of employees) Hemi-Sync promotes calm during the bodywork session. However, they can rapidly ramp themselves back up afterward, and a sustained relaxed state is difficult to achieve.

Many individuals approach deep work as a means of emotional release. During the process, the therapist works in conjunction with the client on intuitive and energetic levels, as well as on the physical level. As stored information is accessed, the therapist encourages either experiencing the trauma fully, and modifying the perception of it, or simply releasing it, depending on what is most appropriate. Hemi-Sync makes a difference when there is trouble accessing feelings due to fear around the original trauma or because the person is just uncomfortable with that part of themselves. The Metamusic® Artist Series selection *Sleeping Through the Rain* works nicely in this situation.

Specific examples follow: one woman with a very painful childhood had a significant amount of body armor (actual thickening of tissues). This related to fear of experiencing emotion and to maintaining personal boundaries. During several sessions, points of stored trauma were

located, but she could not access them. Without the emotional connection, release could not be effected, and the process felt frustrating to both of us. Including Hemi-Sync in the sessions over a two-week period allowed her to ease into different ways of being with her trauma. With assistance, she slowly developed a bridge, a safe place, and a method for communicating with pain without the necessity of retreating from it. Faster and faster and more complete releases occurred week after week; I attribute this, more than anything else, to the addition of Hemi-Sync. It supported increased abilities for the client and allowed us to interact at a more intuitive, and effective, level.

Another woman grew up in a corporate family where very little emotion was expressed or mirrored for her. She was largely unaware of her emotions and felt great discomfort at being in an emotional state, let alone staying with it and unraveling it. This caused difficulty in getting in touch with information stored in the body. Hemi-Sync, again, seemed either to increase her capacity or in some way to add ability, leading to increased confidence. She was able to make connections and do work, though largely at a low awareness level, but such that life-changing events occurred around relationships and emotions. These changes have been dramatic over the course of this year.

Working with Swedish massage (superficial penetration, that is more pleasurable and relaxing than the deep work) has produced some notable reactions in combination with the Hemi-Sync tape *Super Sleep*. It was possible to induce a very deep state, in which the person was just “not there” whatsoever, and experienced intense dreaming and processing. Clients were completely unaware of this later, with the exception of a vague sense that it had occurred. There was no recall of details. So this tended to be a healing experience, but with limited use due to the lack of recall.

*Journey Through the Immune System* was specifically produced for the *Positive Immunity Pilot Program* and contains imagery and suggestions to encourage health. It is played as background during the massage, and the person just works with it internally. This tape is quite good for giving clients who are weak or unwell a sense of physical and emotional well-being.

[John says his experiences have inspired a desire to develop a transformational music tape with Hemi-Sync for use during a relaxing massage. The massage itself would be crafted to interact with and support the various energies of the music.]